

UNITED STATES CANOE



Module #2: Tandem USCA Basic Recreational Canoe

ASSOCIATION, INC.

Course Description

The USCA Recreational Canoe Module is intended to introduce new paddlers to the basic strokes and maneuvers used to control a tandem canoe in a safe and effective manner.

Getting Ready (So we stay safe and dry!)

Introduction to course and instructor
Discussion of student goals
Conservation including Leave No Trace
Life jacket use; awareness of water hazards and weather
Hypothermia and hyperthermia hazards
Review of clothing and equipment/gear for safety and weather conditions
Fitness and conditioning
Transportation of canoes

Getting Ready to Paddle

Overview of site (weather, environment, and water awareness)
Parts of paddle & canoe
Life jacket fit and use
Partner communication
Carrying, launching and landing canoes, safe entry and exit
Paddling dynamics: effective and efficient paddling; body-boat-blade dynamics; cadence; trim

Strokes: Going Somewhere

- Forward Stroke
- Reverse
- Draws – Bow & Stern
- Push-Aways – Bow & Stern
- Sweeps - Forward & Reverse
- Rudder
- Stern Thumb Up Corrections: Stern Pry, Stern Draw
- In water recovery/slice for the next stroke
- Sit & Switch

Maneuvers: Getting From Point A to Point B

- Paddle forward straight for 50 yards
- Turn canoe in circle 180 degrees using draws, sweeps, and push-aways in combinations
- Move the canoe abeam 10 yards
- Paddle a figure 8 course demonstrating coordination between the bow and stern paddlers, turn around the last buoy and return through the figure 8 course
- Turn the canoe 90 degrees both left and right
- Stop the canoe within two canoe lengths
- Paddle backwards straight 25 yards

Group Practice

Switch from bow to stern and repeat maneuvers

Rescue and Safety

- Float plan use
- Review dressing for getting wet
- Rescue priorities – people, canoe, gear/paddle
- Use of throw bags (if time permits)
- Safe exit upon capsize – maintain contact with canoe and paddle
- Swim canoe to shore and empty
- Canoe over canoe rescue
- Side-by-side rescue
- Assisted Re-entry – heel hook, slings and other assistive devices

Review & Conclusion

Discuss additional instruction options and limitations of course

USCA membership information and History as a handout

Evaluations